

To Whom It May Concern

Referring to Psychology Section, p. 407-408 I believe that the subject should be mandatory for every student. According to TeenHelp.com, 20% of teens will go through depression before adulthood. As a current coach, yoga teacher and future psychology educator, I think this course would be most beneficial if geared towards helping prevent and recover from depression. I like how the criteria offers up volunteer work and learning about psychological behaviors, however, I think it would be good to add in daily routines to help depression. Depression leads to drugs, violence, bad grades and so forth, so I think it is crucial to teach teens to be aware of the effects of depression and how to treat or prevent it. In addition, help teens create positive and healthy lifelong habits. This would not only be beneficial towards school, but also for the rest of the students' lives.

Thank you,

Chelsey Lowe